



Western educators visit recruit training

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From recruits to Marines

Pg. 4

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CHEVRON

MARINE CORPS RECRUIT DEPOT SAN DIEGO

AND THE WESTERN RECRUITING REGION

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Col. Stephanie Smith, commanding officer, Headquarters and Service Battalion, center, and Sgt. Maj. Donald Jones, sergeant major for H&S Bn., right, accept the 2009 Commanding General's Cup from Brig. Gen. Ronald L. Bailey, commanding general, Marine Corps Recruit Depot San Diego and the Western Recruiting Region, at the morning colors ceremony, Jan. 8. H&S Battalion came out above Recruit Training Regiment, 12th Marine Corps District, Medical, Dental, and the Pacific Area Tactical Law Enforcement Team, by accumulating the most points during the year in the CG's Cup Sports Program. Cpl. Matthew Brown/Chevron

Commanding general's Martin Luther King Jr. Day message

A day to observe and remember the life of Dr. Martin Luther King Jr. was signed into law by President Ronald Reagan in 1983, with the first observance coming on January 20, 1986. There has been a national observance every year thereafter, near Dr. King's official birthday on January 15, 1929. It is hardly necessary to explain the merit and reason behind this observance, as Dr. King is regarded as one of the most influential and revered Americans of the 20th century. He believed in the United States, in its promise to provide the best opportunity for social and economic justice for all citizens. He believed that great dreams could become reality. He revolutionized the manner in which the civil rights movement was conducted, preferring the non-violent methods advocated by Gandhi and Thoreau. His message of peace and understanding helped to bridge gaps between men and women of all races in the United States and around the world. This message is timeless.

One may be hard-pressed to find an organization that displays the fruits of Dr. King's labor and vision more than the Marine Corps and the U.S. Armed Services, in general. One only has to look to their left and right in any troop formation to see a diverse force with Marines and sailors of nearly every ethnic and cultural background present. Our Corps operates under the assumption that all men and women are equally deserving of freedom, respect, and democracy.

As we observe this national holiday and reflect upon the life of one of our most important Americans, remember to stay safe and uphold our core values. In keeping with the spirit of the holiday, let me encourage all to participate in community service activities and help somebody.

Ronald L. Bailey
Brigadier General, U.S. Marine Corps
Commanding General

Government passes law to ensure in-state tuition to servicemembers

BY CPL. WAYNE EDMISTON
Chevron staff

A recent Marine Administrative Message and United States law now ensures its active duty service members will receive in-state tuition for the state they are assigned.

Public Law 110-315, the Higher Education Opportunity Act, was passed to give service members the ability to use their Post 9/11 G.I. Bill, and incur no extra cost due to out-of-state resident tuition charges.

An example for California would be the University of California Los Angeles, whose tuition for non-residents of the state is roughly \$40,000 a school year, according to the UCLA website.

For California residents it is about half that amount. However even if service members claim their home of record as a state outside of the school they're applying for, if stationed in that school's state, they would receive the lesser amount.

This policy applies specifically to state-financed institutions of higher learning. In Southern California they include University of California-San Diego and University of California-San Marcos.

The new G.I. Bill bases its payout amounts on in-state tuition rates. While on active-duty, servicemembers now have no financial blocks when going to college near their duty station when it comes to tuition cost. The law makes it more affordable for the service members and they can use their money to handle personal expenses.

Many states had legislature passed already to give this benefit to servicemembers, but a few select states had nothing in place and only considered a person's military home of record regarding tuition.

According to the new law, when active duty servicemembers apply for student loans, most allowances such as basic allowance for housing, are not considered a part of an individual's income when the gov-

ernment decides the aid award amount.

This will dramatically increase the amount of aid servicemembers will receive when they borrow money in order to finance their education, according to the legislation.

Servicemembers who have received service related permanent disability also benefit from the new law. If students become disabled while on active duty and falls under these criteria, their federal student loans are discharged and essentially paid off, according to the law.

Lawmakers are trying to ensure that servicemembers are afforded the appropriate opportunities and awarded for serving their nation during a time of war, said Congressman Joe Sestak, a representative from the 7th District of Pennsylvania.

"Assistance in obtaining a college degree is critical to ensuring the smoothest possible transition to civilian life for our veterans," according to Sestak.

DUI: Losing more than just pay

BY CPL. JOSE NAVA
Chevron Staff

A group of Marines go out for a night of partying and they all enjoy themselves. It is getting late and the night's frosty air bites at their fingers, so they decide to return to their base to escape the cold and get some rest. The Marines head to their vehicle parked in a dark lot. Some are so inebriated they are unable to walk a straight line.

After a careful decision of who was the least drunk, a Marine jumps into the driver's seat and everyone else piles in. The driver has trouble keeping the vehicle in the lane, but because of their intoxicated states of mind, no one notices when the vehicle veers into oncoming traffic. The driver reacts slowly and tries to slam on the breaks. The tires scream in protest and heat builds up as the brakes lock, making the vehicle skid. There is a thunderous crunch of metal and plastic similar to two linebackers colliding. The result is the death of one of the Marines and a young woman in the other vehicle.

This is a fictional scenario that might happen if Marines and civilians are not proactive in preventing drunk driving. The fictional driver in the story now has to live with that weight on his mind. Because of his poor decision, a fellow Marine and an innocent woman lost their lives, a scenario could have been avoided by choosing a designated driver.

Although drinking and driving incidents have slowly come down in the last couple of decades, the rate rose sharply during this past New Years Eve. The California Highway Patrol reports that there were 108 arrests statewide, compared to 88 last year.

While in high school, I saw a tragedy tear a family and friends apart. A group of my friends went out for a night of drinking. They forget to fasten their seatbelts and rolled their fully-packed SUV. Out of the nine teens involved, four were badly injured and two died.

Some of the consequences that can be implemented in the Californian civilian courts for a first-time offender include a fine that can range from \$390 to \$1,000, orders to attend a driving under the influence program, jail time ranging from 96 hours to six months and license suspension for six months. For repeated offenders, the fines, jail time and license suspension increase.

A habitual offender could be ordered by the court to install an ignition interlock device. An IID is a device that is installed into your vehicle and works similar to a breathalyzer in which you breathe into the device and it measures your blood alcohol content. If your BAC hits a certain level, the vehicle will not start.

Getting a DUI is bad enough in the civilian court system, but Marines also get punished under the Uniform Code of Military Justice. The punishment can result in a rank reduction, forfeiture of pay and allowances, and restriction, among other things.

"When a civilian gets a DUI from local law enforcement, the offense will not affect his career since his employer may never know of the DUI," said Sgt. Justin Curtis, provost marshal office, Marine Corps Recruit Depot San Diego. "In the military if you get a DUI, the law enforcement personnel involved will follow through most or all of the previous mentioned steps and then contact a command representative. Therefore, on top of the losing your license and the fines, the offender will then face a UCMJ punishment, typically resulting in non judicial punishment."

The maximum punishment a judge can give for driving under the influence if there is personal injury is a dishonorable discharge, forfeiture of all pay and allowances and confinement for 18 months, said Sgt. Jhony Ospina, military justice chief, MCRD San Diego. Ospina added that if there was no personal injury, the maximum punishment would be a bad conduct discharge, forfeiture of all pay and allowances and confinement for six months.

Driving under the influence is punishable under Article 111 which is drunken or reckless operation of a vehicle, aircraft, or vessel, said Curtis. The article states operators in physical control of the vehicle while drunk or when the alcohol concentration in their blood or breath is equal to or exceeds the level prohibited (which is .08) shall be punished by a court-martial.

Beginning a new year, resolutions should be made to stop drinking and driving and ensure alternative means of transportation.

To prevent DUIs, Headquarters and Service Battalion issues Marines who are 21 and older an Arrive Alive Card upon checking in to the unit. Arrive Alive is a program backed by Marine Corps Community Services that helps Marines avoid alcohol-related incidents while on liberty.

If a Marine is intoxicated, he can call the number on the back of his Arrive Alive Card and inform the operator of wanting Arrive Alive assistance. The Marine is then dispatched to a local cab company and the cab driver will then take the Marine to one of two safety locations: home or a military installation. The cab drivers will collect the Arrive Alive card from the Marine and turn it in for reimbursement. This way, the Marine does not have to worry about paying the fare at that moment.

If a Marine does not want to catch a cab or does not have a designated driver, he can take public transportation. According to the Metropolitan Transit System website, local trolleys run from as early as 6 a.m. to almost midnight. The price for a one-way ticket is \$2.50, or \$5 for a day pass.

There are many alternatives to driving under the influence that can save money, a headache and maybe a life. Let's become proactive instead of reactive about drunk driving.

BRIEFS

Harlem Globetrotter visit

Come meet Dizzy Grant of the Harlem Globetrotters Wednesday at 2 p.m. at the MCRD Fieldhouse. The event is open to active duty, reservists, retirees, DoD and their guests.

Brown Bag Lunch Seminar

The Marine and Family Service Center hosts a series of free monthly Brown Bag Lunch seminars. The next class is "Understanding Your Credit Report and Scores," with Lori Lamb, credit education supervisor, on Wednesday from 11:30 a.m. to 1 p.m. at the Marine and Family Service Center Classroom, Bldg. 14. The seminar is open to all who are interested, but will be limited to the first 50 people who call and register at (619)524-5728. Light snacks and drinks will be provided free of charge, but attendees are welcome to bring their own lunch.

For more info contact Michael McIsaac, at (619)524-1204.

Tax Center opens Thursday

The MCRD San Diego Volunteer Income Tax Assistance will open to the public at 1 p.m. Thursday. Brig. Gen. Bailey will be in attendance to cut the ribbon at this year's opening. Nationwide, VITA sites work in concert with the Internal Revenue Service to provide free income tax assistance to qualifying filers. Military VITA sites, like the one on the depot, provide assistance to military members, their families, and military retirees.

The tax office is located on the second deck of building 7W (adjacent to the depot library). Taxpayers who have difficulty climbing the stairs are free to call the VITA/Legal Assistance phone line at (619) 524-4110, to arrange consultation on the first deck of the library.

The VITA office will continue to aid clients in areas such as determining filing status, earned income tax credit, first time homebuyer's credit, child care credits and more. Free electronic filing is available on site, with the potential for taxpayers to receive their refunds, if applicable, within ten days.

Tax preparers working in the VITA office are certified by the IRS through examination after completing over 70 hours of in class instruction led by the depot's personal financial manager, Mike McIsaac. IRS limitations prevent VITA tax preparers from assisting with certain tax areas, such as Schedule C (profit or loss from business), Schedule E (rents and losses), and Form 2106 (employee business expenses). Tax filers with questions as to whether VITA can complete their specific tax return are encouraged to call.

The VITA office hours are 7:30 a.m. to 6 p.m., Monday through Thursday, and 7:30 a.m. to 3 p.m. Fridays. Service will be by order of registration, which can be done in person or over the phone. The phone number for VITA is (619) 524-4110. Questions may also be routed to Capt. Nicholas Grey, VITA officer-in-charge, at (619) 524-4113.

Job Fair

Marine and Family Services, Bldg. 14, will host a Career Fair on February 10, from 10 a.m. to 1 p.m. The event is open to military active duty and reservist, family members, military retirees, DoD civilians, and other personnel with access to military installations. Come meet face-to-face with more than 100 employers and learn about employment opportunities. For more information, contact Mina Threat at mina.threat@usmc.mil or call (619) 524-1283/8440.

Send briefs to:

MCRDSDPAO@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards of the U.S. Government.

Get optimal performance from a balanced diet

BY LANCE CPL. DUSTIN R. HAMBY
Chevron staff

At the newly-renovated depot fitness center, servicemembers and civilians can be found pumping iron, running on treadmills and sweating it out in spin classes. Many of these people attribute their success and devotion to their bodies to the variety of supplements, energy shakes and protein they consume daily. However, according to Andrea Callahan, health promotions coordinator for the depot's Semper Fit division, what is often overlooked is the Marine's diet.

Many Marines cut corners in their diet and then try to compensate by inundating their systems with vitamins and supplements, said Callahan.

According to www.fitness.gov, the website for the President's Council on Physical Fitness and Sports, it's important that an athlete's diet provides the right amount of energy, the 50-plus nutrients the body needs and adequate water. No single food or supplement can do this. A variety of foods are needed every day.

"Being healthy goes beyond physical and combat fitness tests," said Lance Cpl. Hasnan K. Qureshi, legal service specialist and fitness enthusiast. "It extends life and creates a pattern of fitness development that becomes more important and apparent as you age."

Qureshi said eating healthy, whole, natural foods such as lean meats, whole grain breads, avocados and nuts is essential to his nutrition.

"To reach optimal performance, you must maintain your energy," said Callahan. "This does not mean going to the convenience store and buying an energy drink chalked full of processed sugars and empty calories. This means eating a balanced diet full of the nutrients that sustain you throughout your day and your work-out routines."

Callahan said Marines who come to her for nutritional information are often surprised by how easy eating a balanced diet can be.

According to fitness.gov, an athlete who frequently cuts back on calories, especially below 1,800 calories a day, is not only at risk for inadequate vitamin and mineral intake,

but also may not be getting enough carbohydrates. Since vitamins and minerals do not provide energy, they cannot replace the energy provided by carbohydrates.

"This is about planning," said Callahan. "There is a wealth of information out there about what to eat and not eat, but if you do not consolidate it into a concise daily plan, then you are setting yourself up for failure."

For example, instead of planning a mid-day snack of assorted nuts that provide a wealth of good fatty acids and other nutrients, you may reach for a candy bar in the vending machine that will transform into fat, she said.

Fitness.gov advises athletes to consume about 1,800 calories a day to get the vitamins and minerals they need for good health and optimal performance. Since most athletes eat

more than this amount, vitamin and mineral supplements are needed only in special situations. Athletes who follow vegetarian diets or who avoid an entire group of foods may need a supplement to make up for the vitamins and minerals not being supplied by food. A multivitamin-mineral pill that supplies 100 percent of the recommended dietary allowance will provide the nutrients needed.

"What it boils down to is how your body responds," said Callahan. "Once you start eating healthy, your body will freak out when you introduce processed foods into your system. When you establish that healthy diet, there will be no need for additional energy drinks, supplements or even protein shakes as your body will have everything it needs from the food you eat."



Petty Officer 1st Class Sheldon Saltzman, Pacific Area Tactical Law Enforcement Team, Marine Corps Recruit Depot San Diego, does a set of bench presses as Petty Officer 2nd Class David Blake, PACTALET, MCRD, spots him.

Lance Cpl. Hamby/Chevron

Educators get a taste of the Corps

BY CPL. SHAWN M. DICKENS
Chevron staff

High school administrators, teachers and counselors from Recruiting Stations Denver and Phoenix participated in a week-long synopsis of Marine Corps recruit training during the Educators Workshop Monday through today.

The educators began their first day aboard the depot by being greeted the same way every new recruit experiences.

When the bus screeched to a halt in front of the famous yellow footprints, drill instructors quickly bombarded the vehicles and made their intimidating presence known to the educators.

After yelling for the educators to exit the bus and line up on the yellow footprints, the drill instructors paced up and down the rows barking orders and ensuring the educators got into the proper position of attention. After several minutes of controlled chaos, the drill instructors stopped their yelling and took a moment to congratulate the educators because they had survived the first two minutes of Marine Corps recruit training.

The educators were then taken on a tour of the rest of the receiving process by their drill instructor guides.

The educators also attended classroom briefs describing the entire enlistment process, including recruiting, joining the Marine Corps, boot camp graduation, the Fleet Marine Force, and Marines' lifestyles.

They also visited various

training sites around the depot. They watched demonstrations of water survival training at the depot Swim Tank; Marines tackling the confidence course; and even received a class and some brief training on the Marine Corps Martial Arts Program.

Educators were also invited at the end of the first day to take part in the Bayonet Assault Course on the depot. They maneuvered through obstacles; crawled through tunnels; and navigated a rope bridge, suited in flak jackets and Kevlar helmets, while carrying rubber M16A2 service rifles with training bayonets attached to engage the training targets at the end of the course.

"It was more rigorous than it looks," said Catie Riessen, counselor, Bennett High School, Bennett, Colo. "It was fun. I enjoyed being able to get down and dirty like the Marines."

"It was a lot more difficult than I thought," said Jessica Gilmore, assistant principal, Fruita Monument High School, Fruita, Colo. "I admire the physical aspect of what the Marines have to do now and how they have to think on the spot."

The educators also visited Weapons Field Training Battalion, Edson Range, Marine Corps Base Camp Pendleton, Calif., to witness weapons firing and field training, and watch Company B participate in the Emblem Ceremony.

Educators leaving the depot today said that they now have a better understanding of the Marine Corps and the young men and women who embody it.



Nile Smith, Counselor, Dakota Ridge High School, Littleton, Colo., rushes forward with fellow teachers during the Bayonet Assault Course portion of the Educators Workshop Jan. 12. The week-long workshop allows educators from across the Western Recruiting Region to experience Marine Corps life and take the information back to their students. Cpl Shawn M. Dickens/Chevron



Peggy Alameda, Advancement Via Individual Determination teacher, Gila Ridge High School, Yuma, Ariz., recovers her Kevlar helmet after exiting a tunnel obstacle during her run through the Bayonet Assault Course, Jan. 12. During the week-long workshop, educators see how Marine Corps recruits are trained here at the depot, and then travel to Weapons and Field Training Battalion, Marine Corps Base Camp Pendleton Calif., to witness the Crucible and an Emblem Ceremony.

Cpl Shawn M. Dickens/Chevron.



Kat Pastor, guidance counselor, Flagstaff High School, Flagstaff, Ariz., executes an elbow strike while Peggy Alameda, Advancement Via Individual Determination teacher, Gila Ridge High School, Yuma, Ariz., holds the target bag during their Marine Corps Martial Arts Program training. During the workshop, educators received a demonstration of the MCMAP program as well as demonstrations of the Confidence Course, water survival and the Combat Fitness Test. Cpl Shawn M. Dickens/Chevron

CHEVRON

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Recruits finish the final lengths of their last hike during the Crucible before laying down their heavy packs and marching to the Emblem Ceremony. Pfc. Lauren Stehwien/Chevron



During the Emblem Ceremony, drill instructors hand out the emblem, a globe and anchor, which symbolizes the Marine Corps. Pfc. Lauren Stehwien/Chevron

Earned, Lethal Lima

BY PFC. LAUREN STEHWIEN
Chevron staff

It all started on Oct. 19, 2009 when the recruits of Company L, 3rd Recruit Training Battalion arrived on the legendary yellow footprints at Marine Corps Recruit Depot San Diego. That Monday was the start of the recruits' 12 weeks of rigorous Marine Corps training.

During the 12 weeks the recruits spend aboard the depot they are taught various things including Marine Corps history, important Marines throughout the year, and basic first aid. Toward the end of the 12 weeks of training, the recruits are sent to Marine Corps Base Camp Pendleton, Calif., to participate in the Crucible.

The Crucible is a 54-hour culminating event of recruit training. During the Crucible recruits are instructed to use the



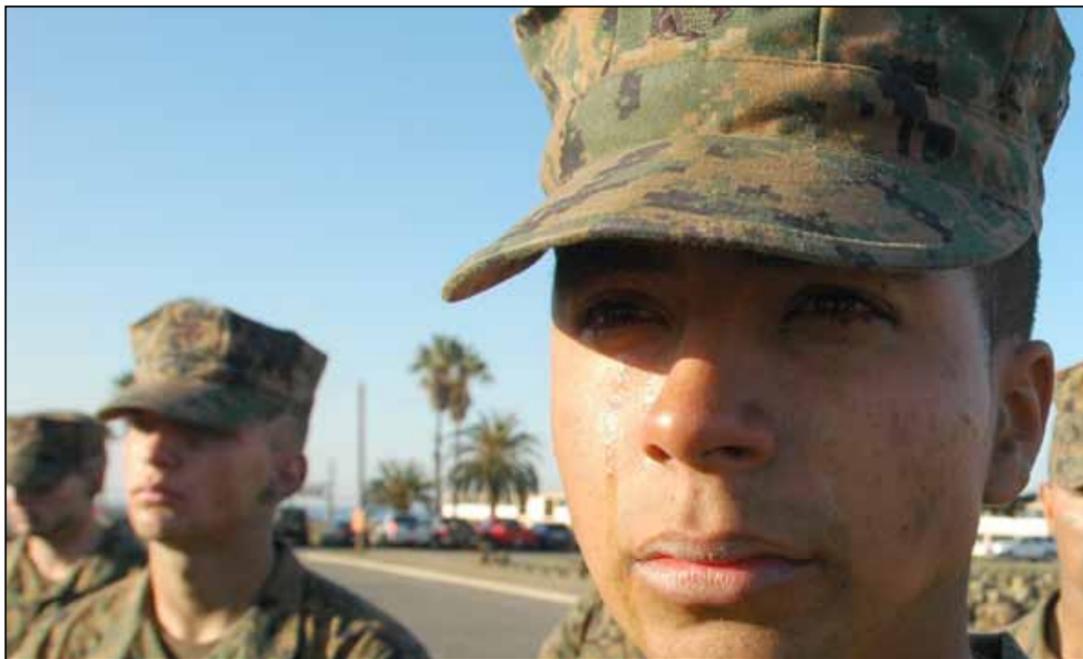
Recruits help each other clean off their camouflage paint, which still stained their faces from the 54-hour Crucible, before marching onto the parade deck at Edson Range to be awarded their emblems and the title, Marine. Pfc. Lauren Stehwien/Chevron



After the ceremony, the new Marines are awarded their emblems at Camp Pendleton, Calif., Jan. 7. Pfc. Lauren Stehwien/Chevron



Instructors give the recruits their eagle, globe and anchor, and the title of Marine.



Pvt. Richard A. Velasquez, Platoon 3248, Company L, sheds a tear during the Emblem Ceremony. The ceremony is an emotional event for recruits because it is the time in which they earn their eagle, globe and anchor, and the title Marine. Pfc. Lauren Stehwien/Chevron

Never Given

Recruits earn title Marine, Warrior's Breakfast

knowledge they learned during recruit training in order to overcome different obstacles and combat-like scenarios. Upon completing the Crucible, recruits march alongside their drill instructors to the parade deck at Weapons and Field Training Battalion at Edson Range, Camp Pendleton, Calif. Once the recruits reach the parade deck the Emblem Ceremony begins. This is the time when the recruits finally earn the title of United States Marine and the drill instructors award the recruits their emblems which consist of an eagle, globe and anchor and are the symbol of the United States Marine Corps.

The eagle symbolizes the nation. The anchor represents the Marine Corps' naval traditions, and the globe signifies the Marines' historical service around the world.

The emblem was adopted by the Marine

Corps in 1868 under the hand of the Marine Corps' seventh commandant, Brig. Gen. Jacob Zeilin, and was made the official symbol of the Marine Corps in 1955. The emblem is said to have been inspired by the British Royal Marines' emblem, according to mclwestchester.org. On the emblem, the eagle secures a banner in its beak that reads "Semper Fidelis," the Latin phrase meaning "Always Faithful." However, all uniform items bearing the emblem omit the banner.

As the recruits are awarded their emblems, they are also rewarded with the words, "Congratulations, Marine."

"As I give the recruits their (emblems) I see the transition that each of them has gone through. I don't see them as a recruit anymore, but as a Marine, like me," said Staff Sgt. Jason A. Cargile, drill instructor, Platoon 3245, Company L.

"When I got my eagle, globe and anchor, I was proud and ecstatic," said Pvt. Edward J. Bourdrie, Platoon 3243, Company L. "I came here to bring honor to my father's name, who was also a Marine. I wanted to follow in his footsteps."

"Throughout boot camp, I noticed that my recruits had more of a 'take charge' attitude where they started taking more initiative as they progressed," said Sgt. Hector Sanchez, drill instructor, Platoon 3243, Company L.

Bourdrie said, "I feel like boot camp has made me more mentally strong. I've got more discipline, more respect toward my elders and those appointed over me. And mentally, I have a more sharp mind."

Now that these new Marines from Company L have earned their emblems, they will continue on in their journeys in the United States Marine Corps.



Recruits are awarded with a "Warrior's Breakfast" where they are served omelets, steak, eggs, French toast, and other breakfast foods at the chow hall at Edson Range, Marine Corps Base. Pfc. Lauren Stehwien/Chevron

Company L drill instructor rides for 'Good Timez'

BY PFC. LAUREN N. STEHWIEN
Chevron staff

As a drill instructor at Marine Corps Recruit Depot San Diego, Calif., stress levels can get high, this all due to little sleep, high activity, and little time to relax. Staff Sgt. Jason A. Cargile, drill instructor, Platoon 3247, Company L, enjoys riding his sport bike whenever he gets a chance to let loose.

The San Diego native started riding motorcycles in 2005 when his brother got a bike and he saw the amount of fun he was having with it. That was when he decided that he wanted to get a bike as well.

"There is nothing like riding," Cargile said. "It's great because you are actually a part of the bike, not just inside of it like you are when you drive a car."

Riding is also a way for Cargile to spend time with his wife, Master Sgt. Anetra Cargile. Because of his current occupation as a drill instructor, he spends less time at home because of his odd working hours. The couple's love for the sport led to them joining Good Timez motorcycle club in 2006, where Cargile is the vice president and his wife is the club's treasurer.

"Good Timez is a family-based club that is about 90 percent military," said Cargile.

Two other drill instructors from Co. K are also

members of the club, but the majority of the members are either prior servicemembers or stationed on other southern California bases.

The motorcycle club prides itself on community service. They travel around San Diego to help pick up the trash that litters the roadways and beaches, raise money for charities, and volunteer in homeless shelters in the San Diego and Oceanside, Calif., areas.

Although he was busy with improving his community through his bike club, six months ago, Cargile decided that he wanted to become a drill instructor to help improve the quality of Marines enlisting in the Marine Corps.

Cargile's love for motorcycles translates into the drill field where he is the 3rd Recruit Training Battalion's motorcycle representative. He ensures that each Marine who has a motorcycle is properly registered, up to date with their certifications and classes, and reiterates the fact that each of them need to always wear their proper protective equipment.

"Staff Sgt. Cargile is always on top of things," said Staff Sgt. Thomas Bachman, chief drill instructor, Co. L. "He not only keeps track of his own safety, he makes sure the whole battalion takes care of themselves. As not only a Marine, but as a person, he is always very reliable."



Staff Sgt. Jason A. Cargile, Platoon 3247, Company L, demonstrates to his recruits the proper placements of the eagle, globe and anchor on the dress blue uniform, Jan. 12. Pfc. Lauren N. Stehwiien/Chevron



Pvt. Shane L. Barela, Platoon 3246, Co. L, stands at the position of attention as he practices for his graduation day parade, Jan. 11. Pfc. Lauren N. Stehwiien/Chevron

Professional surfer swaps board for rifle

BY PFC. LAUREN N. STEHWIEN
Chevron staff

Hawaii places fifth in the top ten states tourists visit in the United States. It offers the clear, blue ocean, where tourists flock to surf, snorkel, and soak up the beauty of the island's culture. So why would anybody want to leave this paradise? Pvt. Shane L. Barela, Platoon 3246, Company L, a native of Kamuela, Hawaii, left the tropical oasis to pursue his dream of becoming a United States Marine.

Growing up with a dad as a professional surfer left Barela with a similar love for the sport. Barela started surfing at the young age of 8 years old, and over time, he entered and won many competitions around Hawaii. Eventually, Barela honed his skills and became so recognized for his talent that he got a partial sponsor from the surfing company, Hurley. But during his junior year of high school, Barela decided to take a different route in life than his father.

"I wanted to benefit others, and wanted to be the best," he said. "That's why I joined the best of services. When I think of the Marine Corps, all that comes to mind is 'first to fight,' so I joined the infantry."

On "Black Friday," the day in which all of the recruits first meet their drill instructors, Barela realized the seriousness of the Marine Corps and the 100

percent dedication that it would take.

"Throughout recruit training, Barela had confidence problems, which caused him to be quiet and timid," said Sgt. Christopher R. Thaxton, senior drill instructor, Platoon 3246, Co. L, "Now that has changed, and his confidence has boosted."

Barela said that he knew before boot camp how much he would miss Hawaii and the ocean, which is one of the reasons why he chose to become a reservist. He plans on switching to active duty shortly after arriving in his unit, but wants to stay in Hawaii.

Looking back, Barela noticed how similar the surfing competitions are to recruit training. They both need extreme amounts of commitment and dedication, he said.

Throughout boot camp, Barela and his superiors have noticed a significant difference in him. In the beginning he said he was just a goofy kid who was always laughing, but in a short time, Barela feels he has matured into a more disciplined man.

"Barela always had a good work ethic and lots of drive, which is definitely going to add to his success in not only the Marine Corps, but also in life," said Thaxton.

Upon completion of recruit training, Barela will be attending the School of Infantry, Marine Corps Base, Camp Pendleton, Calif., where he will train to become an infantryman.

Brig. Gen. Rex McMillian Parade Reviewing Officer

Brig. Gen. Rex McMillian was commissioned a second lieutenant in the Marine Corps in January 1980 via the Platoon Leaders Class program after graduating from the University of Southern California. Following The Basic School, he earned his wings in June 1982 from Training Squadron 21 at Naval Air Station Kingsville, Texas.

He remained at VT-21 as a flight instructor with the "Red Hawks" flying the TA-4J. During this 18-month tour, he held billets in maintenance and was an assistant squadron landing signal officer.

In December 1983, he reported to Marine Fighter Attack Training Squadron 101 "Sharpshooters" at Marine Corps Air Station Yuma, Ariz., for transition training in the F-4S. He then reported to VF-151 flying the Phantom from the forward-deployed USS Midway in Yokosuka, Japan. During this tour, he participated in multiple major exercises and completed a six-month deployment to the Northern Indian Ocean.

In April 1986, he reported to Strike Fighter Squadron 106 at Naval Air Station Cecil Field, Fla., for transition to the F/A-18A Hornet. Upon completion of training, he reported to Marine Fighter Attack Squadron 531 at MCAS El Toro, Calif., as the director of safety and standardization and squadron landing signal officer. He completed another Western Pacific rotation to Yechon Air Base, Republic

of Korea.

In April 1989, he transferred to the Selected Marine Corps Reserve and joined VMFA-134 flying the F/A-18A. During this tour with the "Smokes," he held multiple billets up to and including executive officer.

In August 1998, he was promoted to lieutenant colonel and transferred to the 1st Marine Expeditionary Force Augmentation Command Element at Camp Pendleton, Calif., where he held the billet of I MACE operations air officer and assistant air officer for I MEF.

In January 2000, he assumed command of VMFA-134. During this time, the Smokes focused their operations on providing support to the active component both on Southern California ranges and while on multiple deployments.

In January 2002, he relinquished command and transferred to 4th Marine Air Wing headquarters in New Orleans as the assistant operations officer where he assisted in the integration of the F-18A into 4th MAW.

In January 2003, he was mobilized for Operation Iraqi Freedom and reported to 3rd MAW where he was assigned to I MEF as the deep targeting liaison officer. He deployed with I MEF (Forward) to Jalibah and An Numaniyah, Iraq, for combat operations. He transferred back to 3rd MAW at Al Jaber Air Base, Kuwait, at the end of major combat operations and was assigned duties as the chief of staff for 3rd MAW (Fwd) through OIF Phase IV until September 2003.

In December 2003, he assumed the duties

as deputy commander, Marine Aircraft Group 46 at MCAS Miramar, Calif. In March 2004, he transferred back to 3rd MAW as the chief of staff and subsequently as the chief of staff (Forward-Iraq). He held the chief of staff billet at 3rd MAW until June 2005. He was demobilized in June 2005 and transferred back to MAG-46 as the deputy commander.

In November 2005, he relinquished command as deputy MAG-46 and transferred to 4th MAW in New Orleans.

Brig. Gen. McMillian returned to active duty in May 2007 and was assigned the billet of deputy commanding general of 1st MEF at Camp Pendleton, California. He was re-assigned in July 2007 as the deputy commanding general, Marine Corps Forces, Pacific.

In September 2009, Brig. Gen. McMillian resumed his assignment as deputy commanding general of I MEF.

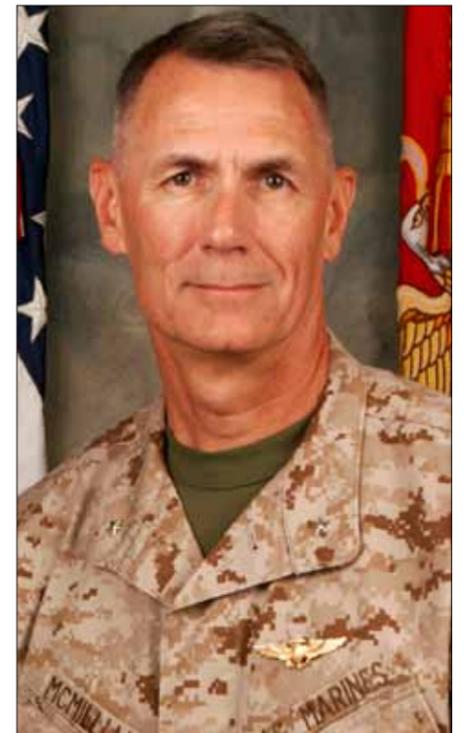
His professional education includes: Maintenance Officer School; LSO School; Aviation Safety Officer School; Expeditionary Warfare Training Group, Pacific; Landing Force Staff Planning Course; USN Joint Air Operations Course; USMC Command and Staff; Commanders' Course; Commanders' Aviation Safety Course; NWC Reserve Officer Joint Operations Course; Joint Forces Reserve Officer Course; Brigadier General Selection Orientation Course; MGTG General Officer Warfighting Program; Joint Force Air Component Commanders Course; Defense Policy Seminar; and Captstone.

His personal awards include the Legion of Merit; Bronze Star Medal; Meritorious

Service Medal; Strike Flight Air Medal; and the Navy and Marine Corps Commendation Medal.

The aircraft flown include more than 3,000 hours accumulated in the F/A-18, F-4S, TA-4J, T-2, T-34, CH-46, CH-53, UH-1, KC-130 and UC-12

Brig. Gen. McMillian is a captain for Delta Air Lines in his civilian employment.





Platoon 3241 COMPANY HONOR MAN Pfc. S. Gomez Ft. Worth, Texas Recruited by Sgt. E. R. Mejia	Platoon 3246 SERIES HONOR MAN Pfc. A. D. Roemer Garland, Texas Recruited by Sgt. C. R. Myers	Platoon 3242 PLATOON HONOR MAN Pfc. D. D. Kelly Jr. St. Louis Recruited by Sgt. W. F. Blevins	Platoon 3243 PLATOON HONOR MAN Pfc. M. A. De Bourg St. Louis Recruited by Sgt. D. Severson	Platoon 3245 PLATOON HONOR MAN Pfc. D. G. Jenkins Houston Recruited by Sgt. X. R. Bynum	Platoon 3247 PLATOON HONOR MAN Pfc. E. A. Ramirez Glendale, Calif. Recruited by Sgt. S. Mazariegos	Platoon 3248 PLATOON HONOR MAN Pfc. J. B. Reese Spokane, Wash. Recruited by Staff Sgt. J. J. Young	Platoon 3243 HIGH SHOOTER (340) Pfc. D. J. Aguirre Seattle Marksmanship Instructor Sgt. E. B. Reyes	Platoon 3243 HIGH PFT (300) Pfc. M. A. De Bourg St. Louis Recruited by Sgt. D. Severson
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LIMA COMPANY

3RD RECRUIT TRAINING BATTALION

Commanding Officer
Lt. Col. J. S. Meade
Sergeant Major
Sgt. Maj. D. A. Lee
Chaplain
Lt. R. W. Peters III, USN
Battalion Drill Master
Staff Sgt. S. Gaytan

COMPANY L

Commanding Officer
Capt. P. M. Haggerty
Company First Sergeant
1st Sgt. R. L. Moore

SERIES 3241

Series Commander
Capt. G. M. Duesterhaus
Series Gunnery Sergeant
Staff Sgt. B. L. Wade

PLATOON 3241

Senior Drill Instructor
Staff Sgt. R. A. De Leon III
Drill Instructors
Sgt. T. A. Clark
Sgt. L. K. Fajardo
Sgt. L. Lazaro
Sgt. T. J. Yeaman

*Pfc. S. M. Anderson
Pvt. B. E. Augustine
Pfc. J. E. Backensto
Pfc. J. Banda

Pvt. A. D. Barstow
Pvt. K. A. Baughman
Pvt. L. R. Baumann
Pfc. D. L. Beaver
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Pvt. J. Buck

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Pfc. J. C. Deleon-Ramirez
Pvt. A. L. Diaz-Brown
Pvt. R. C. Dohse
Pvt. E. J. Dumont
Pvt. M. D. Escobar
Pvt. J. C. Faye
Pfc. M. J. Flanagan
Pvt. H. Flores
Pvt. B. D. German
Pvt. K. G. Gibson
*Pfc. S. Gomez
Pvt. J. M. Haigler
Pvt. D. E. Hall
Pvt. B. A. Harris
Pvt. D. J. Harter
Pvt. C. G. Hernandez
Pvt. C. A. Herrera
Pfc. P. R. Hodge
Pfc. K. Hodo
Pfc. P. K. Hutchinson
Pvt. K. R. Jensen
Pvt. R. E. Jones
Pvt. S. A. Karnes
Pfc. C. M. Kelly
Pfc. J. A. Kraus
Pfc. S. D. Krebs
Pfc. C. S. Lagemann
Pvt. A. J. Leib
*Pfc. J. D. Lindberg
Pvt. J. P. Lucero
Pvt. J. G. McCullough
Pfc. L. R. Moran
Pfc. W. P. Newkirk
Pfc. T. A. Ongers
Pfc. J. A. Patania
Pvt. E. E. Reyes
Pfc. D. W. Snelling
Pvt. M. K. Spillard
Pvt. V. M. Valdez
Pvt. W. C. Weller
Pfc. R. J. Westphal

SERIES 3245

Series Commander
Capt. T. J. Scott
Series Gunnery Sergeant
Staff Sgt. T. A. Bachman

PLATOON 3245

Senior Drill Instructor
Staff Sgt. A. Rios
Drill Instructors
Staff Sgt. C. M. Battiest
Staff Sgt. J. A. Cargile
Staff Sgt. J. C. Montalvo
Sgt. S. Moralessolis

Pvt. J. E. Acosta
Pfc. T. A. Aguilar
Pvt. J. Becerra
Pvt. M. S. Birely
Pvt. J. R. Bond
*Pfc. J. R. Borszem
*Pfc. N. J. Brown
Pvt. E. M. Brown-Godfrey
Pvt. C. B. Buchanan
Pvt. J. N. Cantu
Pvt. J. M. Carpenter
Pvt. M. Chanthakhoun
Pfc. C. B. Chesley II
Pvt. C. L. Como
Pfc. H. Coronado
Pvt. D. Crane
Pvt. M. L. Cruisinger
Pvt. T. M. Diaz-Garcia
Pfc. C. M. Dreher
Pvt. S. T. Eyasu
Pvt. J. R. Ferrell
Pvt. N. M. Fry
Pvt. B. D. Fuller
Pvt. I. D. Garcia-Munoz
Pvt. E. D. Garcia
Pvt. B. R. Garner
Pvt. S. J. Gibson
Pvt. M. E. Given
Pvt. L. Gonzales
Pfc. P. A. Gonzalez-Gutierrez
Pvt. N. J. Govea
Pvt. K. Gray
Pvt. W. H. Haerberle
Pvt. H. Harris
Pfc. J. J. Hernandez
Pfc. N. B. Holliday
Pvt. T. Huskey
Pvt. M. R. James
Pfc. D. A. Jarvis
*Pfc. D. G. Jenkins
Pvt. J. Jimenez-Alpizar
Pfc. P. Johnston
Pvt. O. P. Kush
Pvt. J. P. Langley
Pvt. J. M. Lewis
Pvt. C. A. Malone
Pvt. R. Martinez-Wright
Pvt. E. O. Martinez
Pvt. M. P. Martinez
Pvt. R. L. Martinez
Pfc. A. V. Mason
Pfc. C. McKay
Pvt. R. Medina
Pvt. A. Mendez
Pvt. A. Monroe
Pvt. D. Moreno
Pvt. S. L. Morlan
Pvt. C. J. Nicolaysen
Pfc. R. R. Norton
Pvt. F. C. Obregon
*Pfc. H. E. Pacheco
Pvt. J. R. Parker
Pfc. J. D. Pattison
Pvt. B. A. Triplett
Pvt. C. S. Warden
Pfc. G. Williams
*Pfc. J. A. Wineglass
Pfc. J. L. York

Pvt. A. A. Cedergren
Pfc. P. J. Chavez-Perales
Pfc. J. D. Chavira-Pearman
Pfc. M. E. Cline
Pvt. C. E. Collier
*Pfc. D. J. Cope
Pvt. J. L. Corbett
Pvt. K. K. Coulton
Pvt. S. J. Dalrymple
*Pfc. C. E. Delgado
Pvt. J. Delgado
Pvt. N. J. Dolan
Pvt. J. B. A. Domino
Pvt. J. R. Ellison
Pvt. P. J. Estrada
Pfc. F. G. Fernandez
Pvt. M. A. Ferrarini
Pvt. D. I. Figueroa
Pvt. R. X. Finch
*Pfc. S. P. Flores
Pvt. C. A. Flores-Angulo
Pvt. D. L. Freeman
Pvt. J. T. Frost
Pvt. C. Galindo
Pfc. R. A. Gardner
Pfc. J. S. Gearhart
Pfc. K. J. Gleason
Pvt. B. B. Gorman
Pvt. J. J. Grauer
Pvt. C. D. Greene
Pfc. C. J. Greenough
Pfc. C. D. Grider
Pvt. J. D. Hammer
Pvt. M. D. Harig
Pvt. D. C. Harvey
Pvt. D. J. Hoffines
Pfc. L. M. Huazano-Mendoza
Pvt. G. P. Hutchings
Pvt. J. A. Iniguez
Pvt. C. D. Johnson
Pvt. B. W. Karolchuk
Pvt. K. E. Kell
Pfc. D. D. Kelly Jr.
Pvt. J. E. Kheir
Pfc. M. J. Matter
*Pfc. D. L. McAnally
Pvt. J. G. Mitchell
Pvt. M. K. Moreno
Pvt. G. D. Sherburne
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Pvt. A. A. Cedergren
Pfc. P. J. Chavez-Perales

Semper Fit program combats holiday treats



Ron S. Rivera, fitness center supervisor, measures fat percentage with a pinch caliber test at the fitness center.

Lance Cpl. Rebecca A. Lamont/Chevron

BY LANCE CPL. REBECCA A. LAMONT
Chevron staff

During the holiday season, it's common for individuals to kick back and indulge in delicious home cooked food and seemingly endless amounts of sweets. Consequently, shirts and pants are noticeably fitting more snugly than before.

With this in mind, Semper Fit hosted the "Maintain, Don't Gain" holiday challenge which was designed to help individuals maintain their weight Nov. 30 through Jan. 8.

"I've seen people gain up to 15 pounds over the holiday season," said Ron S. Rivera, fitness center supervisor. "This program was inspired by the studies we have researched concluding that the most weight is gained around the holidays due to the stress and excessive eating."

This common tendency was combated by channeling the individuals' energies during this program so their stress didn't negatively affect them, Rivera said.

Through this self-directed program, participants received tips and strategies for adopting or maintaining healthy behaviors by using health-conscious recipes, stress management tools, physical activity suggestions, holiday nutrition class and encouragement.

"We offered tips such as encouraging the participants to find a running buddy or organize a routine group exercise with others who value fitness and nutrition," said Rivera. "It's important to surround yourself with others who will support you in maintaining a healthy lifestyle, as well as give you the feeling of camaraderie because exercising alone is less encouraging."

The program also recommended participants stay active so they eliminate their time sitting at home and eating. Individuals can stay active by using the free services the fitness center offers including exercise classes and a personal trainer, Rivera said.

During the nutrition lectures, they explained that drinking causes an increase in appetite and unhealthy eating while intoxicated, Rivera said.

Another tip is to eat small healthy meals before attending big home-cooked dinners, which will decrease the chances of eating a lot of food with less nutrition.

"This program can have long-term effects if the individual applies the tips and suggestions throughout the year," said Rivera. "Our goal is to stay healthy so everyone, particularly active-duty members, can stay on top of their game."

Participants received a wellness checkbook to record their physical activity, a food log book to record their intake,

and were weighed every week. At the completion of the program, if the participants maintained their weight within two pounds, they became eligible for raffle prizes such as an iPod shuffle, massages and gift certificates.

Recruiter's school students and instructors were presented with an additional challenge. They had their body fat percentage measured by a caliber pinch test once a week.

"It's important for recruiters to stay healthy during the job," said Rivera.

There may be changes in next year's program to help with the holiday blues in addition to the holiday bulge, Rivera said.

There may be additional classes on lifestyle changes and focus on managing stress during the holidays and increase the duration of the program as well, said Rivera.

Most people say it's an easy program, but they are surprised to find out they gained six pounds over the holidays, Rivera said. However, when he asked them if they followed the tips and suggestions, they admitted they hadn't.

"This program helped me maintain my weight and made me feel a lot stronger," said Army Sgt. Holly R. Cook, animal care sergeant, Space and Naval Warfare Systems Center, San Diego. "If I didn't participate in the program, I know I would have gained weight."



Cpl. Deborah Young, customer service clerk, finance office, uses the cardio equipment at the fitness center. Participants in the "Maintain, Don't Gain" program used the equipment to maintain their weight over the holidays. Lance Cpl. Rebecca A. Lamont/Chevron



Gym goers use installed wall mirrors to ensure proper posture at the fitness center Jan. 8, as they work towards their fitness goals after the holidays. Lance Cpl. Rebecca A. Lamont/Chevron